

Obesity & Family Planning: Reproductive Health Impacts

Satellite Conference

Wednesday, June 30, 2004, 2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern Time) • 1:00-3:00 p.m. (Mountain Time) • 12:00-2:00 p.m. (Pacific Time)

Americans are gaining weight at an alarming rate and more than half of the adult population in the United States are estimated to be overweight or obese. These individuals have a substantially higher risk of chronic diseases ranging from high blood pressure, type 2 diabetes, heart disease and stroke.

In the past decade, our growing knowledge of the genetic, physiological, psychological, metabolic, and environmental influences on body weight has increased our awareness of the complexities of weight management. In addition, new research has provided a basis for evaluating our traditional intervention strategies and outcome goals.

For instance, we now know that smoking and obesity have substantial implications for reproductive health, negatively affecting pregnancy outcomes and fertility, and limiting women's contraceptive choices. One or both can be negatively linked to everything from breastfeeding to cervical cancer. Several studies have indicated that high body weight decreases the effectiveness of some hormonal contraceptives.

This program will present new information regarding the relationship between being overweight or obese and family planning so that participants will be informed to the following objectives:

1. Identify the prevalence of obesity in the United States for adults and adolescents.
2. Describe obesity terms and measurements.
3. Discuss family planning relevance.
4. Explain how smoking and obesity are limiting factors in terms of women's contraceptive choices.
5. Explain how obesity contributes to hypertension, diabetes and other cardiovascular risk factors that may preclude the use of some hormonal contraceptives.
6. Describe the healthcare professional's role in obesity prevention and working with obese patients.
7. Identify weight loss approaches and explain nutrition management.
8. Describe recommendations for client education, counseling and management.

Faculty:

Joyce King, CNM, PhD
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Atlanta, Georgia

Conference Details:

Target Audience: Nurse practitioners, nurses, social workers, physicians, physician assistants and registered dietitians working in a family planning setting.

Registration: www.adph.org/alphtn Cost: No cost to view Satellite Coordinates: C & Ku Band

Conference Materials: Posted on website approximately one week before the program

CEUs: Nurses (2.1 hours); Social Workers (1.5 hours); Registered Dietitians (pending)

Questions: alphtn@adph.state.al.us or 334-206-5618

ISSUES OR QUESTIONS YOU WANT ADDRESSED DURING THIS CONFERENCE?

Email (alphtn@adph.state.al.us) or fax (334-206-5640) the conference faculty. They will respond during the program.

For a complete list of upcoming satellite conferences, visit our website: www.adph.org/alphtn